

**HMONG**



# **Michigan CSI Phau Txhais Lus**

Cov ntawv muab nrog:

*Tej Yam Tseem Ceeb txog Kev Thab Plaub hauv Internet  
Michigan CSI Cov Lus Qhia Online*

*Daim Ntawv Pom Zoo rau Kev Puaj Phais hauv Internet*

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Cov lus txhais:

**Spanish (Mev)**

**Arabic**

**Hmong (Hmoob)**

**Chinese (Suav)**

**Bosnian**

**Albanian**

**Romanian**

**HU TAU:**

Jenifer Esch, Program Manager

Michigan CSI

Department of Attorney General

6<sup>th</sup> Floor G Mennen Williams Building

525 West Ottawa Street

Lansing, MI 48911

Xov tooj: 517-335-0855

E-mail: eschjl@michigan.gov

Website: www.michigan.gov/csi



# Michigan CSI

(Michigan Cyber Safety Initiative)



## Tej Yam Tseem Ceeb txog Kev Thab Plaub hauv Internet

Thaum yav tas los tib neeg tau sau ntawv thab plaub hauv hoop nab, tiam sis yog vim cov tub hluas ntxhais hluas 99 feem pua ntawm cov tub hluas ntxhais hluas txawj siv Internet, ces kev thab plaub tau hloov nrog rau tej yam tshiab.

Kev thab plaub hauv Internet yog thaum yus siv Internet los yog lub xov tooj cell hais lus phem, taug xaiv los sis tso duab. Cov tub hluas ntxhais hluas feem ntau raug thab plaub thaum lwm tus nyiag lawv lo lus password los sis tej xov txog lawv tus kheej thiab xa tej zaj tsis zoo los ntawm lawv e-mail, lawv qhov website los sis qhov chaw sib tham sib txuas lus. Qhov uas yuav siv ib pliag xwb ua rau ntau tus tib neeg saib tau tej yam yus tso hauv Internet ces ua rau Internet thiaj yog ib qhov chaw uas cov phooj ywg, cov yeeb ncuab thiab cov uas yus tsis paub txawj thab lwm tus tub hluas ntxhais hluas.

Tej zaum zoo li key thab plaub hauv Internet yog ib qho txaus luag xwb, tiam sis yuav muaj xwm txheej tau ntev tom qab. Txhua yus tso hauv Internet mas lwm tus nrhiav tau tsis hais tsev kawm ntawv qib siab uas yus xav mus thaum yav tom ntej thiab cov neeg uas ntiau yus ua hauj lwm. Thaum yus siv Internet mas nws yog ib qho tseem ceeb uas yus neo ntsoov txog tej yam no:

- **Tej yam hauv Internet yuav nyob tas mus li:** Tej yam uas yus tso hauv Internet mas lwm tus nrhiav tau tsuas yog yus muab tso pov tseg.
- **Lwm tus yuav paub txog yus:** Internet yog ib qho uas txhua tus siv. Txhua yam mas lwm tus saib tau thiab yus ISP yuav paub txog.
- **Ua tib zoo paub hais tias tej lub sij hawm yus tsis paub yus nrog leej twg tham.**
- **Xav zoo zoo ua ntej yus sau ab tsi hauv Internet:** Ua tib zoo pov hwm yus lub npe, xov xwm txog yus tus kheej thiab yus txoj kev muaj npe.

Kev thab plaub feem ntau thaum nyuam qhuav pib yeej yog tej yam uas me xwb, zoo li yog cov phooj ywg sib thab xwb, ces tom qab ntawd loj tuaj rau txhua tus saib mus txog thaum uas tus uas tau pib kev thab plaub ntawd tswj hwm tsis tau. Sawv daws yeej raug tau qhov no. Ib nrab ntawm cov tub ntxhais kawm ntawv hais tias lawv raug thab plaub hauv Internet, thiab 79 feem pua hais tias yog ib qho teeb meem. Txawm li ntawd los muaj tej yam uas pab pov hwm ntawm kev thab plaub hauv Internet:

- **Tsis txhob teb thaum tib neeg ua lim hiam los sis thab plaub hauv Internet.** Cov uas nyiam thab plaub xav kom lwm tus npau taws lawv thiaj yuav muaj cib fim thab plaub ntxiv.
- **Cia li thaiw kom tib neeg thab plaub tsis txawj xa ntawv tuaj ntxiv.** Cov program uas nyiag saib yus lub koos piv tawj raug tsim kom thiaj xa tau zaj lus thab thaum yus teb rau tej uas lawv hais.
- **Xaiv qhov uas cia yus saib txhua yam lus hais thiab tej zaj lus uas lwm tus sau tseg ua ntej yus tso rau txhua tus saib.**
- **Yuav tsum tso “cov phooj ywg” tseg yog lawv sau tej zaj lus los sis tso duab kom ua rau yus txaj muag, hais tias yuav ua phem rau yus los sis thab yus.**
- **Sau ntawv thiab qhia txog kev thab plaub.** Qhia ib tug neeg laus uas yus ntseeg thiab qhia rau ISP los sis Web service zoo li MySpace los sis AIM. Yog tias leej twg hais tias yuav ua phem rau yus ces yog ib qho tseem ceeb qhia cov ceev xwm los sis qhia txog kev thab plaub hauv Internet rau ntawm [cybertipline.com](http://cybertipline.com).



## Michigan CSI Online Resources



Tej kev kawm ntawv uas lom zem rau cov me nyuam – kev ua si etc.



Xov xwm rau cov niam tsev txiv tsev/nais khus



Muaj video los sis tas lauv



Cov Cuab Yeej Thaiv lub Koos Piv Tawj



Xov Xwm txog Kev Thab Plaub hauv Internet

### Disney Surf Swell – Kev Puaj Phais hauv Internet – <http://disney.go.com/surfswell/>

Cov me nyuam nrog Mickey thiab nws cov Phooj Ywg khaws cov pob zeb uas muaj nqi thaum lawv kawm txog kev qhia xov xwm, tej yam ua ki hauv Internet thiab kev ua zoo thaum yus siv Internet.

### iKeepSafe los yog Internet Keep Safe Coalition – [www.ikeepsafe.org](http://www.ikeepsafe.org)



Faux Paw lub tsev – tus Miv Techno, ib phau ntawv thiab tas lauv uas qhia cov tub ntxhais kawm ntawv hauv qib Kindergarten mus txog qib peb txog Kev Puaj Phais hauv Internet. Qhov website no muaj tej video rau cov niam tsev txiv tsev thiab cov me nyuam, tej phau ntawv thiab cov duab uas cov me nyuam teeb tau.

### i-SAFE – [www.isafe.org](http://www.isafe.org)



Tej khoos kas rau nais khus, niam tsev txiv tsev, yawg thiab pog, thiab cov tub ntxhais kawm ntawv. Yuav tsum tso npe rau. Saib cov video thiaj “muaj cai” thiab txais tau tej yam dawb xwb. Cov ntawv qhia txog kev puaj phais hauv Internet, ntawv xov xwm txhua lub hlis thiab kev sib tw saib yus paub npaum li cas txog kev puaj phais hauv Internet.

### ISP (Internet Service Provider) cov cuab yeej:

#### AOL Niam Txiv Kev Tswj – <http://daol.aol.com/safetycenter/parentalcontrols>

Muaj ntau yam cuab yeej uas niam tsev txiv tsev siv tau tswj hwm kev siv Internet.

#### AT&T/Yahoo Niam Txiv Kev Tswj – [http://help.yahoo.com/sbc/tutorials/ypc/start\\_pc1.html](http://help.yahoo.com/sbc/tutorials/ypc/start_pc1.html)

Yog ib feem ntawm cov cuab yeej hauv AT&T Yahoo! Online Protection uas pub dawb xwb, tsis hais tej yam uas lim tau Internet, kev kav e-mail, kev kav kev sib tham, cov ntawv qhia neeg ua dab tsi hauv Internet.

#### Comcast Niam Txiv Kev Tswj - <http://www.comcast.net/security/>

Cov niam tsev txiv tsev tej cuab yeej tswj hwm thiab saib xyuas qhov uas cov me nyuam saib dab tsi hauv Internet, tsis hais saib xyuas kev sib tham, kav txawj saib dab tsi raws li me nyuam muaj hnub nyog li cas, thiab sau cia tias lawv siv Internet ua dab tsi los yog.

### Media Awareness Network – [www.media-awareness.ca](http://www.media-awareness.ca)



Ib qho website hauv teb chaws Canada uas muaj tej yam zoo pab tsis hais tej kev ua si rau cov uas muaj 8-12 xyoos uas qhia txog kev ab tab lais hauv hoob sib tham (chat rooms). Qhov website no qhia txog ntau yam kev siv Internet.

### Naomi – [www.radiance.m6.net](http://www.radiance.m6.net) thiab K9 Web Protection [www.k9webprotection.com](http://www.k9webprotection.com)

Ob qho program uas lim tej yam hauv Internet uas pub dawb xwb. Naomi tau pib nyob hauv Iv-tas-lis teb chaws; K9 tau pib nyob hauv U.S.

**Net Safe los ntawm New Zealand** – [www.netsafe.org.nz](http://www.netsafe.org.nz)



Cia li yuav "Hector Protector," ib tus ntse uas nyob ntawm yus lub koos piv tawj ib ces kaum. Yog tias yus tus me nyuam nyuaj siab txog ib yam dab tsi nws pom, ces thaum nws nias tus ntawd, nws yuav pom cov ntse hauv qab deg, thiab tej lus uas hais kom nws nrhiav ib tug neeg laus los pab nws.

**Net Smartz** – [www.netsmartz.org](http://www.netsmartz.org)



Zaj dab neeg uas muaj tseeb, video streams, tej daim ntawv ua si, thiab cov ntawv. Cov video hais txog kev thab plaub hauv Internet thiab cov tas lauv tsim nyog qhia txog kev puaj phais hauv Internet. Tej kev ua si uas tau tsim rau cov me nyuam yog ib qho zoo pib nrog cov me nyuam sib tham txog kev puaj phais nyob hauv Internet.

## **Tej Kev Pab Siv MySpace:**

### **Kev Tshem Askhauj Tsis Yog/Hais Lus Phem uas Zoo Nkaus Li Ib tug uas Ua Hauj Lwm Tau Ua**

Yog tias ib tug uas ua hauj lwm rau tsev kawm ntawv kawm tias ib qho askhauj (account) uas tsis yog los sis uas hais lus phem kom zoo li tus ua hauj lwm ntawd tau txhim tsa, MySpace yuav muab qhov profile ntawd tshem. Xa email rau schoolcare@myspace.com thiab sau txog tej Yam nram qab no:

1. Qhov chaw nyob hauv Internet ntawm profile uas tsis yog thiab/los sis hais lus phem, yus luam tau ntawm yus lub web browser tso rau hauv koj qho e-mail.
2. Ib co lus me me piav tias qhov profile ntawd tsis yog los sis hais lus phem, kom lawv thiaj li txaus siab tias yog li yus hais tiag tiag; thiab
3. Yus lub npe thiab txoj hauj lwm, thiab yus lub tsev kawm ntawv lub npe, qhov chaw nyob thiab naj npawb xov tooj.

### **Kev Qhia tias Ib tug uas Tsis Tau Nto 14 Xyoos Muaj Askhauj**

Yog tias ib tug uas ua hauj lwm rau tsev kawm ntawv paub tias muaj ib tug neeg hluas uas tsis tau nto 14 xyoos uas muaj MySpace askhauj, tus uas ua hauj lwm ntawd xa tau email qhia qhov chaw hauv Internet ntawm tus tub kawm ntawv qhov profile rau schoolcare@myspace.com, MySpace thiaj li tshem tau askhauj ntawd. Xa qhov email ntawd los ntawm ib lub tsev kawm ntawv email askhauj thiab sau txog tej Yam nram qab no:

1. Qhov chaw nyob hauv Internet ntawm tus tub los ntxhais kawm ntawv qhov profile
2. Cas yus ho paub tus tub los ntxhais kawm ntawv;
3. Tus tub los ntxhais kawm ntawv muaj hnub nyoog npaum li cas thiab cas yus ho paub; thiab
4. Yus lub npe thiab txoj hauj lwm, thiab yus thiab tus tub los ntxhais kawm ntawv lub tsev kawm ntawv lub npe, qhov chaw nyob thiab naj npawb xov tooj.

### **Kev Qhia Kev Muab Askhauj MySpace Pov Tseg**

Nyob ntawm homepage ([www.myspace.com](http://www.myspace.com)) mus rau sab nram qab thiab xaiv "Safety Tips." Cia li nias qhov uas hais tias "For Parents and Educators." Mus rau sab nram qab mus txog thaum yus pom "Instruction for Deleting a MySpace Account." Yus yuav tsum sau tus uas siv askhauj ntawd lub npe thiab tau login es yuav tsum muaj yus tus me nyuam email thiab lo lus password. Yog tias yus tsis paub yus tus me nyuam lo lus password, ces yus nias tau kab lus hais tias "Forgot Password?" uas nyob ntawm lub npov (box) ntawm qhov chaw uas yus login hauv MySpace.com. Ces lo lus password yuav raug xa mus rau qhov chaw email uas yus siv thiaj login rau MySpace.

## **QHIA TIAS MUAJ NEEG PHEM NYOB HAUV INTERNET**

**Michigan Department of Attorney General  
Child and Public Protection Unit  
1-888-KIDS-CSI  
1-888-543-7274  
[www.michigan.gov/ag](http://www.michigan.gov/ag)**

## **HAIS LUS RAU LOS SIS NOOG MICHIGAN CSI**

**Michigan Department of Attorney General  
Michigan CSI  
1-877-765-8388  
[AGCSI@michigan.gov](mailto:AGCSI@michigan.gov)**



# Michigan CSI

(Michigan Cyber Safety Initiative)



## Daim Ntawv Pom Zoo rau Kev Puaj Phais hauv Internet

- 1) Kuv yuav tsis txlob qhia xov xwm txog kuv tus kheej tso hauv Internet yog tias ib tug neeg laus uas kuv tso siab rau tsis tau cai kuv ua. Xov xwm xws li kuv lub npe, naj npawb xov tooj, qhov chaw nyob, e-mail, kuv lub tsev kawm ntawv nyob qhov twg, kuv niam kuv txiv qhov chaw ua hauj lwm/naj npawb xov tooj thiab cov naj npawb ntawm lawv cov credit card, thiab kuv daim duab. Kuv yuav tsis txlob qhia txog tej no nyob hauv Internet qhov twg li, tsis hais nyob hauv e-mail, hoob sib tham, tej website uas cog lus tias kuv yuav tau khoom los nqi zog dawb dawb, los yog nyob hauv tej lus kuv sau tseg los yog.
- 2) Thaum kuv siv Internet, kuv yeej yuav siv ib lub npe uas tsis yog kuv lub npe tiag tiag uas tsis qhia txog kuv lub npe, kuv hnub nyoog los sis qhov uas kuv yog ib tug tub los ib tug ntxhais.
- 3) Thaum kuv tsim ib qho password, kuv yuav tsim ib qho uas nyuaj rau ib tug twv seb yog dab tsi tiam sis yooj yim rau kuv nco ntsoov. Xwv kom yuav tsis raug nyiag siv, kuv yuav tsis qhia leej twg txog qhov password ntawd (tsuas yog kuv niam kuv txiv xwb) – tsis hais kuv tus phooj ywg zoo los yog.
- 4) Kuv yuav tsis teb rau ib zaj lus uas ua rau kuv tsis xis nyob. Kuv yuav cia li muab rau ib tug neeg laus saib.
- 5) Kuv yeej yuav tsis ntsib ib tug neeg uas tau nrog kuv tham hauv Internet.
- 6) Kuv yuav tsis txlob hais lus phem los sis hais lus tsis zoo rau ib tug hauv Internet.
- 7) Kuv yuav tsis muab software nyob hauv koos piv tawj uas lim tau los sis saib xyuas tshem tau vim muaj qhov ntawd kom kuv nyob puaj phais.
- 8) Kuv yuav tsis qhib e-mail, tej zaj lus, tej link (uas cia yus mus rau lwm qhov chaw hauv Internet), tej duab los sis kev lom zem ua si uas tib neeg kuv tsis paub xa tuaj. Kuv yeej yuav noog ib tug neeg laus ua ntej tso.
- 9) Kuv yuav tsis txlob siv tej lus, tej daim duab, los sis tej suab los ntawm lwm tus daim website yog tias lawv tsis tso cai rau kuv siv.
- 10) Kuv yuav tsis txlob ntseeg txhua yam kuv nyeem hauv Internet. Kuv yuav sim saib tej xov xwm los ntawm qhov twg los thiab sim saib kuv tus nais khus, kuv niam kuv txiv, los sis tus kws ceev ntawv puas pom zoo.
- 11) Kuv yuav siv Internet rau tej hnub thiab tej sij hawm no \_\_\_\_\_.
- 12) Kuv siv tau Internet tau \_\_\_\_\_ feeb xwb; Ces kuv yuav ua ib yam dab tsi ntxiv.

Sau Npe: \_\_\_\_\_  
Tus Me Nyuam – Kuv yuav ua raws li tej kev cai no.

Hnub: \_\_\_\_\_

Sau Npe: \_\_\_\_\_  
Tus Neeg Laus – Kuv yuav tsis txlob npau taws thaum ib tug me nyuam  
qhia kuv txog tej yam phem uas nws raug thaum nws siv Internet. Kuv yuav  
nrog tus me nyuam ua tej yam kom nws nyob puaj phais thaum nws siv Internet.

Hnub: \_\_\_\_\_



# Tej Lus Noog & Kev Npaj Ua Hais Txog Kev Sib Tham Sib Txuas Lus

**Cov Lus Noog Yuav Sib Tham Txog.** Nrog koj tus me nyuam sib tham txog tej lus nyob hauv profile; thiab saib cov profile uas nws tau tsim los sis nws tau mus xyuas ua ke. Yaum koj tus me nyuam qhia koj txog tej Yam uas tau tshwm sim thaum nws siv Internet. Nov yog ib cov lus noog pab koj pib nrog nws tham:

1. Koj siv Internet ua dab tsi?
2. Koj puas muaj qhov chaw e-mail? Muaj pes tsawg? Cov e-mail ntawd yog dab tsi? Cov lus password yog dab tsi?
3. Koj puas muaj ib qho profile? Muaj pes tsawg? Cov profile ntawd nyob qhov twg? Cov npe thiab cov lus password yog dab tsi?
4. Koj puas xav tias xov xwm uas yus tso rau hauv Internet mas yuav tsis muaj leej twg paub txog? Tej zaum leej twg yuav saib?
5. Koj puas xav tias cov kws tso cai rau yus kawm ntawv college yuav saib? Cov uas xav ntiav yus ua hauj lwm nev?
6. Puas tau muaj leej twg uas koj tsis paub xav nrog koj tham nyob hauv Internet? Koj tau teb dab tsi?
7. Puas tau muaj leej twg nyob hauv Internet hais lus uas ua rau koj tu siab? Es tau muaj li cas?
8. Koj puas tau pom cov duab liab qab los sis cov lus hais txog kev sib deev nyob hauv cov homepage los sis profile? Koj tau ua dab tsi?

**Kev Npaj Ua.** Yog tias koj pom tias koj tus me nyuam muaj ib qho profile nyob hauv ib qho chaw rau kev sib tham sib txuas lus hauv Internet, cia li xav txog txoj hau kev no:

1. Cia koj tus me nyuam ib hnub kom “kho” tau nws cov profile thiab nrog nws saib nws cov profile tshiab ua ke.
2. Sau xov xwm txog koj tus me nyuam cov login tseg cia, tsis hais tag nrho nws cov e-mail, cov npe login, cov npe nws siv thaum nws tham lus thiab cov password los yog.
3. Pheej xyuas saib koj tus me nyuam cov phooj ywg nyob hauv txhua website uas nws siv. Yog tias muaj cov tib neeg uas koj tsis paub, noog koj tus me nyuam seb lawv yog leej twg thiab nws tau ntsib lawv li cas. Muab “cov phooj ywg uas tau ntsib hauv Internet” tshem ntawm koj tus me nyuam qhov profile mus. Saib nws cov phooj ywg cov profile sim saib lawv hais dab tsi txog koj tus me nyuam.
4. Pheej xyuas saib koj tus me nyuam qhov profile hais dab tsi. Koj tus me nyuam puas hais tej yam txog nws tus kheej, tso duab, video, blog los sis tej lus uas tsis tsim txiaj? Koj tus me nyuam puas thab lwm tus los sis ua tej yam uas tsis tsim nyog? Yog tias nws ua tej no ces cia li muab cov ntawd tshem tawm.
5. Xyuas saib koj tus me nyuam kho nws qhov profile li cas. Piv txwv hais tias, koj kho tau “Account Settings” nyob hauv nws qhov profile ntawm MySpace.com kom “tsis pub leej twg saib” (“private”), los sis saib tib neeg uas koj tus me nyuam tau txwv tsis pub saib nws qhov profile.

# **Tej Yam Ceeb Toom**

1. Koj tus me nyuam siv sij hawm ntau hauv Internet, feem ntau yog thaum tsaus ntuj.
2. Koj nrhiav tau cov duab liab qab hauv koj tus me nyuam lub koos piv tawj.
3. Cov tib neeg uas koj tsis paub hu tuaj rau koj tus me nyuam, los sis nws hu mus ntsib tib neeg uas koj tsis paub, tej lub sij hawm nws hu deb rau tej naj npawb uas koj tsis paub.
4. Koj tus me nyuam txais tsab ntawv, khoom plig los sis tej pob los ntawm ib tug tib neeg uas koj tsis paub.
5. Koj tus me nyuam muab lub koos piv tawj tua tsuag tsuag thaum koj nkag hauv nws lub hoob.
6. Koj tus me nyuam tsis tshua nrog lwm tus tham hauv koj tsev neeg.
7. Koj tus me nyuam siv askhauj hauv Internet uas tsis yog nws li.
8. Thaum nws siv Internet, koj tus me nyuam siv lub microphone los sis lub tshuab thaij duab tso hauv Internet uas koj tsis paub tias nws muaj.

## **10 Qhov Kev Puaj Phais hauv Internet**

1. Tsim kev cai uas meej thiab yooj yim to taub rau koj cov me nyuam siv.
2. Tso lub koos piv tawj uas siv tau Internet hauv ib qho chaw uas lwm tus hauv koj tsev neeg yuav pom tau (tsis yog nyob hauv tus me nyuam hoob pw).
3. Piav rau koj cov me nyuam hais tias lawv yuav tsum tsis txhob qhia txog lawv tus kheej xws li lub npe, qhov chaw nyob, lub tsev kawm ntawv lub npe los sis tus naj npawb xov tooj—hauv ib qhov chaw uas txhua tus siv xws li chat room (hoob sib tham) los sis qhov chaw tso xov xwm (newsgroup) los sis qhia rau cov neeg uas lawv tsis paub.
4. Sib tham txog qhov uas yuav tsum qhia koj los sis ib tug neeg laus uas lawv ntseeg yog tias muaj ib Yam dab tsi hauv Internet ua rau koj tus me nyuam los sis koj tus tub hluas ntxhais hluas ntshai, tsis xis nyob, los sis ua kom nws paub tsis meej.
5. Cia li paub muaj dab tsi hauv Internet thiab paub txog tej Yam uas koj tus me nuam siv.
6. Cia li kawm txog tej program uas saib xyuas thiab thaiv tej Yam hauv lub koos piv tawj.
7. Tsis txhob cia ib tug me nyuam npaj mus ntsib lwm tus uas siv koos piv tawj yog tias nws niam nws txiv tsis tau tso cai los sis lawv tsis nrog nws mus.
8. Hais kom koj tus me nyuam tsis txhob teb rau tej zaj lus los sis tej lus lawv tso hauv Internet uas hais txog tej Yam plees, sib deev, ua siab phem, hais tias yuav ua phem, los sis ua rau lawv tsis xis nyob.
9. Qhia cov ceev xwm hauv zej zog txog tej zaj lus uas as tab lais.
10. Ua rau koj cov me nyuam paub tias nyob hauv Internet tej zaum (thiab feem ntau) tsis yog raws li lawv hais; thiab txhua Yam uas tib neeg hais hauv Internet tej zaum tsis muaj tseeb.



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